



**A swinging good time**  
Kitchener dance and fitness studio offers pole dancing classes as a form of exercise.

Feature 8

# SPOKE

A learning newsroom for journalism students

**Saying goodbye**

Titia Taylor, an ECE professor, retires after 36 years at Conestoga.

News 2

**The Bears or the Colts?**

Who will win Super Bowl XLI and be named this season's NFL champions?

Sports 15

Monday, January 29, 2007

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

39th Year — No. 4



(Photo by Eric Murphy)

## Flipping out

Norm Brandt, an extreme martial artist and first-year general arts and science student, does a backflip off a wall in the E-wing during CSI's health and fitness day, Jan. 15. For story and additional photos, see Page 9.

## Agreements vary between colleges, student unions

By BRANDON WALKER

According to Conestoga Students Inc. (CSI), the dispute between the college and CSI can be broken down into three main points that have yet to be agreed on by both parties: the alcohol policy, the operation of the bar bistro agreement and the CSI retail space agreement.

Matt Jackson, president of CSI, says, "The biggest turning point was when the college told us in May that they would always hold the upper hand in negotiations. Their actions in dealing with this have pushed us into a corner."

Jackson said his biggest concern is not having control over the bar bistro is that the college can shut down an event without giving any notice.

But, Mike Dinning, the vice-president of student affairs, said the college needs to have some oversight over anything alcohol related, but doesn't want to hold the liquor licence.

The dispute begs the question: What agreements do other student unions have with their colleges?

Only one out of the five colleges that Spoke surveyed has the rights CSI is fighting for. After speaking to representatives from Cambrian, Confederation, Durham, Humber and Mohawk colleges, only Mohawk has complete autonomy.

Jackson said Canadore, North Bay, Fleming, Fanshawe and St. Clair colleges also have the rights CSI wants. "The majority of the universities work this way, too," he said.

The executive director for Mohawk's Student-Life Centre said there are two important things a student association needs in order to be completely self-governing.

"There has to be a good relationship (between the two groups) and good lines of communication," Kim Van Louwe said.

But, the relationship between the two groups at Mohawk wasn't always great. "We've had good years, but we've had down times too. We had problems with our past college president and the liquor licence. About three years ago the relationship greatly improved when Catherine Drea (vice-president of student affairs at Mohawk) started at the college.

"I really think our relationship was rebuilt on one thing and that is trust," Van Louwe said. "Trust will carry both groups a long way, especially if they realize their objectives are the same thing."

Van Louwe said Mohawk's student association holds "the bulk of the liability" if anything bad happens at one of the events. "If we have the responsibility for the events, we also want the accountability and the liability."

But, he also said it depends on the circumstances. "When people sue they generally try to sue everyone in sight."

A student association having control over events at a college benefits students because the events are more focused around students, Van Louwe said.

"But, I don't know how the college might run things. I suppose the events might be different in culture, but when students run events they become more student-centric, whereas the college might impose restrictions that a student association might not. Plus, the pricing and staffing might be different if an event was run by the college; so

much depends on the institution and the way they approach things," Van Louwe said.

He said the Mohawk Student Association also had to fight for its rights.

"They did fight, but it reached a point where it became an evolutionary stage. In the mid-'90s, the association wanted its independence, so the college and the association had a vote and voted in favour of it. Our association enjoys a fair bit of latitude and independence, but still partners up with the college from time-to-time," he said.

He also suggested that when CSI sits down to negotiate with the college, they should be sure to include in the negotiations that they can start serving whenever bars are allowed to by law, not a certain time. "That's what we wish we did. Our lease says noon, because that's what the law was then, but now the law says bars can start serving at 11 a.m. and we're still held to opening at noon."

Van Louwe said although the college has been concerned about students coming to class drunk, it hasn't been a huge issue. "The problems we've had have happened at our events," he said.

At Durham College, the Student Life Centre is in a separate building from the college and is owned by the college. The college also holds the liquor licence and has some say about the events held at the bar, but a board of students and staff makes most of the decisions.

About a year ago, Durham and its student union brought in a lawyer to make sure things were fair for both sides.

Continued on Page 2

## CSI president urges students to conserve paper

By ADAM HANNON

Every day, students at Conestoga College print more than 16,700 pages.

In 2006, paper usage amounted to 3.5 million sheets, up almost 395,000 from 2005.

CSI president Matt Jackson is asking the college to consider creating a plan to help conserve paper.

He said the college is currently spending about \$110,000 each year on paper. This doesn't include the cost of ink and printers.

"We've been watching the costs escalate," he said.

Conestoga students pay a technology fee of \$210 per year, which is used to pay for computers, printers and scanners, as well as paper.

Jackson said although the technology fee won't be going up in September, it will eventually increase as printing costs rise.

"Students need to realize they are paying for wasted paper directly," he said.

"People are being wasteful. You walk into a lab and there's blue boxes rammed with wasted paper.

"In a perfect world, it would be good to go with 100 per cent (reduction in paper use), but I know that would never happen," said Jackson, adding that some faculty believe going paperless will increase their workload because it could make marking more difficult.

Jackson said CSI hasn't made any specific plans or decisions yet regarding paper conservation, but urged students to bring their ideas forward.

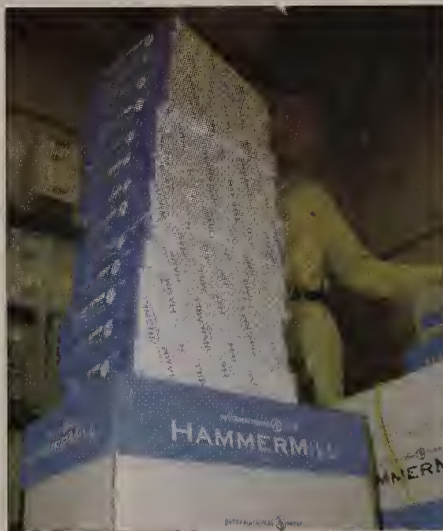
He said CSI will continue their paper waste awareness campaigns, such as the paper usage posters near the bookstore.

"If we all work together we can see an overall reduction in fees across the college," said Jackson. "With technologies and the advances we've seen, there have to be some options."

"We're moving into a world where people are more conservative. The college, as a government institution, should be proactive in this issue."

Richard Gibson, chief information officer at the college, said the college needs an active paper waste management plan.

He said students need to be educated about



(Photo by Adam Hannon)

Computer technician Bill Cao stands behind 16,500 sheets of paper — less than what is used in one day at the college.

how much paper is being wasted, and how they can help to conserve it.

Gibson said excessive printing is taking money away from new computers and labs.

"What we are trying to do is manage predominantly within a cost base," he said, adding that the college spent nearly \$120,000 on paper last year.

Gibson said computer services has methods of tracking students who print excessive amounts.

"We regularly monitor users who are printing at a high level," he said. Students who abuse their printing privileges are spoken to by computer services, and can be reprimanded.

Printers with an option for two-sided printing have been installed in several labs, and the others will soon be upgraded as well. Gibson said printing on both sides drastically decreases the amount of paper wasted in printing a given document. He added that there is a printer limit, so only 25 pages of a document can be printed, and only two copies of the document can be made. Gibson said this has been useful in reducing paper waste.



## Now deep thoughts ...with Conestoga College

Random questions answered by random students

*Money, fame or power, which would you choose?*

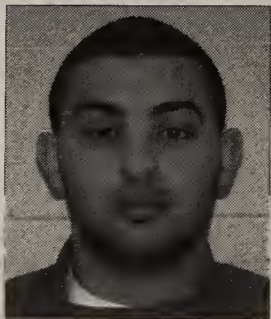


"Power, with power you can win the other ones, plus money comes and goes."

*Ganimete Ajvazi,  
first-year general  
business*

"Money, through money you could achieve power and fame."

*Mohamed Benketira,  
second-year  
materials and  
operations  
management*



"I don't speak much English; Titia was very patient and caring with me. She really took the time to get to know my background."

*Xia Jiang,  
second-year ECE student*



"Money because I like rolling around in it."

*Fernando Aylagas,  
first-year general  
business*

"Most times power comes with money and money comes with power, so why not both?"

*Megs Sheeringa,  
first-year general arts  
and science*



"Money. Power is useless if you're broke and fame isn't something I want regardless."

*Hanad Ahmed,  
second-year  
materials and  
operations  
management*



Smile Conestoga, you could be our next respondent!

## Professor of 36 years honoured at retirement party

By VANESSA BUTLER

A mentor, warm, nurturing, kind, caring, welcoming, patient, genuine and loving are just a few of the ways fellow faculty members and students describe Titia Taylor.

The 2005 Aubrey Hagar award winner, known to many as "Tich," retired from her position as an early childhood education professor at Conestoga College after 36 years.

Faculty, students, friends and family gathered to honour Taylor in the child-care centre at the college on Jan. 18.

"She's the warmest, most nurturing, kind person I've ever met," said Deb Frank-McDonald, a faculty member in the ECE program who has known Taylor since 1978.



(Photo by Vanessa Butler)  
Titia Taylor and John Tibbits celebrate Taylor's retirement. She was an ECE professor at the college for 36 years.

held in a beautifully decorated, candlelit room, with delectable food platters, beverages, a guest book and a dedication video put together highlighting Taylor's past, both at the college and outside of the classroom.

Instead of gifts, Taylor asked that donations be made to the new Titia Taylor award.

This is an early childhood education award given to one of the program's students. The final details of the award are still being decided but more than enough money was raised to hand out the first award this year.

President John Tibbits was on hand to formally thank Taylor for her dedication, not just to the college, but also to her students.

"Titia, you have made such a phenomenal achievement," Tibbits said. "You have made a real quality investment in this college. You are a quality individual who is always smiling, fun loving and free-spirited."

Lana-Lee Hardacre, a professor in the ECE program, said Taylor was an instrumental leader in the

program and really supports her students.

"She checks in, and shares ideas. It's just the way that she interacts with her students," said Hardacre. "She's made a good role model over the years."

One of Taylor's closest friends, Monica Himmelman, the alumni relations and annual fund officer at the college, said they do everything together. "We love to shop. We'll go for breakfast, and then spend the day shopping," said Himmelman. "We carpool. Our cottages are even beside each other."

"I'm the luckiest person in the world," said Taylor. "They think I give, they're the ones always giving, we have fun all the time."

Though she had only been retired for about three weeks, she has already gone to Cuba and has a second vacation planned for February.

"I've had such a fabulous career with the college. All these people have had an impact on me and my life. We're a team; we've always been a team."

Taylor stressed the importance of teachers in the community.

"The end goal is to ensure we have people out in the community, working with the students, investing in their futures. That's why we're here; we want them to be successful."

"You have to be involved with the student as a whole, you need to pay attention to every part of them," she said. "You can't get along with everyone, but you have to try."

Taylor said the older you get, the more special the friendships and relationships you build are and you really begin to realize their value.

## CSI mum on why general manager left

By BRANDON WALKER

The general manager of Conestoga Students Inc. is no longer with the organization, although no one is saying why.

"Judy (Dusick) has left the organization and that's all I'm going to say on that," said the president of CSI, Matt Jackson. "I'm absolutely shocked and appalled that that was passed along to the student newspaper."

According to the CSI website,

the general manager "is accountable to the (CSI) board, acting as the board. The board will instruct the general manager through action items and written policies, delegating to him or her interpretation and implementation of those policies."

Jackson also asked Spoke not to contact Dusick about why she is no longer with the association.

Dusick hadn't returned Spoke's calls by press time.

In her general manager's incident report during the CSI board meet-

ing held Jan. 16, Dusick talked about things she planned on doing in her role as general manager, including getting the ATS building a photocopier. "I'll look into moving one over," she said.

She also spoke enthusiastically with Richard Gibson and Ernest Falkner from the IT department about the future of technology at the college. Not only was Dusick CSI's general manager, she was also the Student Life Centre project manager.

## Policies needed for 'independent' student association

Continued from Page 1

The vice-president of student affairs for Durham, Margaret Greenley, said, "We sat down to find out how we can structure an agreement that is best for everyone. It has to be a partnership; there can't be winners or losers."

But, "the actual pub is run by the student centre manager," said Evan Muller-Chang, president of the Durham Student Association.

Greenley feels that since a college student association is an independent body, there must be poli-

cies for events. There also has to be a risk management process involved. "If something ever happened to a student, of course they're going to sue the college," she said.

"If (a college) has an excellent relationship with its student government, the only question should be 'How do we support them?'"

But "when the student association is trying to do something, it has to be fair to students and the institution. There is no way you can have a problem at an event and

not have the college held responsible," said Greenley.

The president of the Confederation College Student Union, Jon Hendel, said it would only make sense for CSI to partner up with the college and allow its oversight if the two groups had a good relationship. "If there was an actual firm relationship it would be one thing (for CSI to allow college oversight), but the way things are right now it wouldn't be profitable for CSI (if the college shut down events)."



# Student Life Centre open house a success

By JON MOLSON

Approximately 400 people took part in the first open house that showcased the college's services within the new Student Life Centre at the Doon campus.

The Jan. 18 event was organized by a committee made up of representatives from each of the six service areas, including disability services and the counselling department.

"It was a chance to profile and celebrate a new home for many of the college services that support student success at Conestoga," said Leanne Holland Brown, the student life coordinator. "So essentially people who were spread around the college before are now centralized in one location, which hopefully will make it easier for students to connect with services and areas that support them through their student experience."

Ballots, featuring details on a draw as well as a map of the entire centre, were handed out to both students and staff at the student life centre information desk. Stipulations for entering the draw included receiving a stamp from all six college services. "Nearly 200 ballots were filled out and 14 prizes were given away. Prizes included a pair of Maple Leafs tickets, donated by the college's alumni association, vouchers for Chartwells and gift certificates from Tim Hortons.

Holland Brown said she was pleased with the turnout.

"I expected that people would be excited about this new space and would want to come for the tour,

but I was pleasantly surprised that as many people were able to come over during their busy days and visit," she said.

She said there were a lot of questions about student life.

"Some questions we received were what does student life do and am I allowed to have a cookie from the cookie jar everyday? And the answer is yes," Holland Brown said. "You can come twice a day if you want."

Rhyan Bailey, a second-year law and security administration student, said he was glad he attended the open house and thinks there are a number of advantages to coming out to this kind of event.

"You go in the rooms and see the titles on the doors, but you don't really know what they are about, so this gives you an idea of what's going on inside those rooms," he said. "You learn what is going on, you get in touch with some of the faculty and just meet some new people."

Bailey said the addition of the centre is an improvement to the campus.

"I like that it is bright and all the services are right here; it's just perfect," he said. "It's getting a healthy flow of people coming through and seeing some of the new rooms, taking a look at what was going on the whole time because before they had all the boards up. There is still a large part of the student body that hasn't really had the opportunity to come through here because we just came off break and everyone is adjusting to classes and all that stuff, but I think you're going to see a lot of people coming, so it is definitely going to be awesome."



(Photo by Jon Molson)

Ryan Shantz, a marketing student, left, and Megan Gill, a public relations student, answered questions and handed out contest ballots at the Student Life Centre information desk during the open house on Jan. 18. Rhyan Bailey, a LASA student, attended and was impressed with the facility.

initely going to be awesome."

Rick Casey, a counselor at the college, said it was busy at the event.

"I think the game they had set up, getting the stamps in order to win prizes, was a really good idea and in terms of students wandering through it has been really busy this afternoon with students participating," he said. "I know there was a committee who got together and looked at how we were going to do this, so it is not just an issue of one person, but a collective sense of everyone pulling together to make this happen."

Casey's role was to greet and inform staff and students on the services as well as talk about the services offered in the counselling department.

He said it was important to hold the open house.

"It's a celebration of not just the building itself, but the partnerships that take place on campus and hopefully we can continue to move forward in that direction," Casey said. "We're closer linked to the students than we have ever been in the past and this just gives focus to

it. When you think about why are we all here, it's because of the students and if it wasn't for the students we wouldn't be here."

Casey said there has been a lot of interest in the centre.

"I think people are excited about change and things that are new and really want a chance to do, at least, a quick run through and find out what this building looks like," he said. "Students have sort of been watching it over the railing for the last year or so and this is the final product of all of that."

## Largest job fair in Canada great opportunity for students

By LEANNE MOUNTFORD

If you're a student looking for employment after you graduate, or a student looking to earn some extra money during the summer, or maybe even looking for a co-op placement, the RIM Park job fair might be the thing for you.

The job fair will be held on Feb. 7 from 10 a.m. until 3:30 p.m. at RIM Park, 2001 University Ave. E., in Waterloo.

**"The focus of this fair is that these employers actually have available opportunities within six months."**

Mary Wright,

*Conestoga's co-op and career services manager*

Conestoga College has partnered with the University of Guelph, the University of Waterloo and Wilfrid Laurier University to produce the largest job fair of its kind in the country.

"It's an excellent networking opportunity to meet with perspective employers who have jobs available," said Mary Wright, manager of co-op and career services at Conestoga College.

Wright said the job fair has been running for about 14 years and this is the first time there has been a sellout, with 214 booths.

"The focus of this fair is that these employers actually have

available opportunities within six months of being at the fair," she said.

It's a great opportunity for students and graduates to line up either summer employment, in some cases co-op and certainly graduate employment, said Wright.

"We always recommend that (students) dress professionally, research the companies in advance that they wish to target and have some sort of pre-established ideas of questions they may want to ask when they're meeting with some of those employer reps," she said.

It can be overwhelming with the number of employers.

It is important to research in advance. Employers really appreciate when students come to speak with them and have some knowledge about their organizations and what they're about, said Wright.

There is a wide variety of employers. Some are local, some are provincial and some companies are national, she said.

About 3,000 people will walk through the doors and probably 500 to 600 students will be from Conestoga College, said Wright.

The fair is not open to the community, and students will need their student cards.

Buses will be running from the Doon campus and Waterloo campus students can take the buses that are ferrying Laurier and Waterloo students.

All employers attending the fair are listed on the website, [www.partners4employment.ca](http://www.partners4employment.ca), along with details about the fair.

## Electronics students feel the pressure

By AARON SCHWAB

Third-year electronics engineering technology students are buckling down and preparing for their capstone presentations on Feb. 22.

"The capstone project is a choice of a project that the students do," said Jane Carr, a professor in the electronics engineering technology program.

"They find either an industrial sponsor to work with or come up with an idea on their own, and get approval for it.

"It's supposed to demonstrate the acquired knowledge and skill set that the students have obtained over their three years here at the college."

Some of the projects being developed for this year's presentation include tracking devices that would enable nurses to keep track of patients' conditions in a nursing home, a system used to monitor individual tire pressures in a car and transmit the data to an in-car display and a control system for testing fuel cells for the University of Waterloo's chemical engineering department.

The presentations involve live slideshow presentations that detail the projects' purpose, function and development over the past few months.

"The projects actually started in semester four last year," Carr said. "In that time, the students were taught about the engineering design process, how ideas are implemented and the paperwork that goes along with that.

"When they come to present their

oral presentation, it is basically saying where they've come at that point, as far as their project is concerned; their experiences, troubleshooting and what they project will happen in May when we have the final presentation."

Tech at Work, the electronics engineering technology presentation that takes place in May, is a hands-on presentation of the students' final projects.

"Tech at Work is like a trade show; it's where the students deal with the general public, with industry and with other students, and the faculty will assess their final project at that point," said Carr.

"The hardware, the software, how they deal with the public - that

will be their final presentation, it's the big one."

Carr said the capstone project presentations and Tech at Work have a huge influence on potential employers.

"It will influence the students getting jobs, definitely," said Carr.

"It's the best marketing tool we've ever had for our students, because even if they can't get a job interview at Tech at Work, they still take their project with them to interviews and say 'This is what I've done and this is what I'm capable of doing.'

"It's a very realistic presentation to the employer as to what skill sets the students have to offer. It's a very good seller."



(Photo by Aaron Schwab)

Professor Jane Carr and electronics engineering technology student David Helmuth relax in one of Conestoga's telecommunications labs. Helmuth's capstone project involves developing and using receivers to triangulate the location of a transmitter.



# College needs to communicate

There are many factors involved when it comes to determining whether or not an educational facility should remain open during times of heavy snowfall, sleet and icy roads.

The most important aspect is trying to ensure the overall safety of both students and staff when arriving to or leaving from their particular venue, but this at times can be difficult to determine. And while it is a lot easier for some schools, overreacting or not, just to close down for a day, others actually look into the situation on a much deeper level.

Conestoga is one of these schools. However, on Jan. 15 local radio stations criticized the college for choosing to remain open during winter conditions that resulted in the closure of all schools in the Waterloo District School Board, the Catholic school board, the University of Waterloo and Wilfrid Laurier University. This criticism was misguided and showed a lack of knowledge of the college's standard procedure for dealing with these situations.

Whenever the weather forecast is calling for potentially dangerous winter storm conditions, Barry Milner, the director of facilities at Conestoga, checks all weather networks, including radio, Internet and TV for as much information as is available.

Milner also checks with Grand River Transportation and the OPP before calling the vice-president of student affairs with his recommendations. This call is usually made around 6:15 a.m. and a decision about possible closure is made shortly afterwards.

The universities, on the other hand, just copycat the public school board's decision. The college has closed less than 20 times in the last 25 years.

However unfounded the criticism of the college's decision is, it did bring a crucial issue to light, that being the importance of proper communication.

Although the college followed proper procedure, which involves only calling radio stations if you are going to close, it left students, faculty, staff and even radio announcers wondering for hours.

The solution to this problem is incredibly simple. Instead of Conestoga just calling the radio stations to announce its closure, the college should call and inform them when it intends to stay open on days that result in massive closure of other facilities. This would eliminate any possible misunderstanding and, provided Conestoga gives a valid reason for remaining open, there would be no need for any station to condemn its decision to do so.

OPSEU Local 237, which represents college faculty, met with president John Tibbits Jan. 23 to review the decision to keep the school open.

Walter Boettger, president of the local, said at the meeting a communications strategy was discussed, including notifying radio stations that the college is open and putting a message on the college answering system and on the college website.

The union also wants the college to have a written policy that states students and faculty will not be penalized if individuals determine that road conditions or child-care or transportation issues prevent them from getting to the college.

He said senior management said they would take a serious look at the recommendations.

Hopefully these changes will be made, resulting in improved communication and less frustration for everyone.



What will it take for the college to close?

## Toronto homeless bummed out

The Ontario Court of Appeal has ruled against squeegee kids, and it is not a popular decision.

The appeal was made by 11 homeless men after they were convicted back in 2001 for panhandling in Toronto.

The decision has a lot of critics arguing both sides, as to whether or not the decision was a wise one.

As it stands, the ruling was made in order to protect the streets of Toronto and keep it visually pleasing for the sake of Toronto tourism.

But, some are arguing that the ruling is a strict violation of their rights to freedom of expression and security of the person under the Charter of Rights and Freedoms.

So who is right in this matter?

Personally, I am not a fan of these so-called squeegee kids. However, I am not bothered to the point that I feel unsafe or violated by their presence.

I do agree however, that if individuals consider this way of life a



Kristin Grifferty

Opinion

freedom of expression, there are much better ways to express yourself, and earn some spare change at the same time.

Perhaps if Torontonians focused more on finding a more useful tool for the homeless to raise money and utilize their freedom of expression, there would not be this debate in the first place.

The problem with the homeless is far greater than just the squeegee kids.

If we probe deeper into the issue, we realize that the problem isn't just the fact that these people are out on the streets collecting change for cleaning windows, but the fact that the need to be out there in the first place.

In an article from the Toronto Star which ran on Jan. 17, the judge was quoted as saying, "They cannot squeegee car windows, but to the extent that they may wish to provide a service in exchange for donation, there are other alternatives available."

I am curious as to what the court finds as an appropriate alternative to standing in the middle of a crowded street, cleaning windows and begging for change.

How is lying on a crowded sidewalk in the dead of winter any safer? Or selling drugs? Or selling your body?

Squeegee kids are a danger to themselves, more so than to drivers.

Not only because of their daring and dangerous job, but because they have been forced into that compromising position in the first place.

It is time Toronto and all other cities address the bigger issue, that of homelessness itself.

### Letters are welcome



Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer.

Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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# Wheels keep turning at Conestoga

## Professional bicycle mechanic course begins second session

By TIFFANY MCCORMICK

A new Conestoga course really gets its students moving as continuing education's professional bicycle mechanic course begins its second session today.

The new course, which ran for the first time last semester, is a two-week intensive studies course that takes in 10 students each time at a cost of \$1,495 per student.

The college has partnered with Winterbourne Bicycle Institute, founded by Jason Filer and Alan Medcalf in the summer of 2006, to hold the course.

"It's the education division, if you will, of Winterborne Custom Bicycles," said Medcalf of the Guelph shop that Filer solely owns.

Not only is this course new to Conestoga, but also to Canada. No other college or university offers it in North America, and only two locations run it in the U.S.

Filer and Medcalf, the course instructors, both attended courses offered in the United States and both had great experiences.

"I'd suggest that it was partly the positive experiences we did have that spurred us to want to create something in Canada," Medcalf said. "Part of my personal mission in life is to help get more people on bikes more often."

Medcalf said he and Filer thought the timing was right to launch the

course in Canada as their skills and experience could work toward making the course a major success.

"Being under the academic umbrella of the college also gives us some credibility which has proven invaluable in attracting our first sets of students and in garnering support from within the bicycle industry," Medcalf said.

**"Part of my personal mission in life is to get more people on bikes more often."**

*Alan Medcalf,  
instructor*

He added they chose Conestoga because "not only does the college have the processes to efficiently handle registration and related administration, it has a strong history of partnering with external players to deliver trade courses and takes a sincere interest in making those partnerships work."

The first session, which was held in the fall semester, was a blast according to Medcalf.

"There's a real sense of accomplishment that's quite visible when a student successfully builds their first wheel from a rim, hub and a handful of spokes," he said.

The shop, Winterborne Custom

Bicycles, is located in the Hanlon Industrial Park at the south end of Guelph, and that is where the professional bicycle mechanic course is offered.

According to the course outline, "students gain practical knowledge and experience with all major bicycle components, including: frames, bearings, wheels, drive trains, brakes and shifting systems, on a variety of bicycle styles and vintages. Two days are devoted to the skilled craft of repairing and building wheels, including design and selection of components for specific uses. The students will build two pairs of wheels, and have the option of purchasing the second set they build, at cost."

Ten per cent of the course is self-study, reading and homework assignments, 30 per cent is discussion and instructor demonstration and 60 per cent is hands-on work.

"The pattern is quite simple, for each topic the students have a pre-read assignment and a set of homework questions that develop the theoretical knowledge base," Medcalf said. "Then we discuss the topic in class and review the key points including anything related to safety or special tools and procedures. Then we talk our way through the particular procedure while demonstrating it. Then the students do it themselves at their workbenches."

## Volunteering is good for the soul

**Student life co-ordinator says helping others helps students succeed**

By BRANDON WALKER

"Service to others is the rent you pay for your room here on Earth," Shirley Chisholm, the first black woman to sit on the United States congress, once said.

Jacklyn Azzopardi probably agrees with her.

"Volunteering leaves a person feeling great," said the personal support worker student.

In the past, Azzopardi volunteered at an after school program for children. She was one of many people who browsed booths at the Get Involved fair held in the E-wing of the college, Jan. 17. She signed up to help the Big Brothers/Big Sisters of Kitchener-Waterloo.

"I chose to be a Big Sister because I want to work with children when I'm older and this will give me the experience I need to do that," Azzopardi said. "And, if I volunteer, I'll make a kid happy too."

"When I volunteered in the past, it was a nice feeling. They were good kids, most of the time," she said with a laugh.

Volunteering is also a good way to try out new career paths. Jill Watson, the co-ordinator for school-based programs at the

organization, said. "It gives volunteers a chance to take a child out and be a mentor. It looks good on a resume, but volunteering can also help a child with the social and academic aspects of life," she said.

Sara Chadsey, a caseworker with Big Brothers/Big Sisters, said volunteering with the organization is a rewarding opportunity. "It's an amazing experience, meeting a child and developing a relationship with them, not to mention it looks great on a resume."

Although only four students signed up for the organization at the Get Involved fair, Watson said about 25 people took information pamphlets.

Not only does volunteering feel great, but studies have also shown a positive correlation between student involvement and student engagement in their own education.

"When students feel engaged they have a higher chance of graduating," said Leanne Holland Brown, student life co-ordinator at the college.

Holland Brown said students can gain many things from volunteering, such as network connections and an improved skill at a specific job. "Plus it contributes to the betterment of other people when students get involved. Our goal was to connect students to opportunities they might not have been conscious of."

It would be interesting to see what per cent of students who volunteer, graduate from post-secondary education compared to those who don't volunteer, she said.

This semester's Get Involved fair had 23 booths, compared to 15 in the fall semester.

Holland Brown said students can still volunteer by dropping by the Student Life office in Room 2A101 or by going to the Conestoga College website, clicking on the Student Life section and then clicking on Get Involved on the left side.

**"Service to others is the rent you pay for your room here on Earth."**

*Shirley Chisholm,  
the first black woman  
to sit on U.S. congress*



(Photo by Brandon Walker)

Sara Chaokey (left) and Jill Watson from Big Brothers/Big Sisters of Kitchener-Waterloo ran a booth in the Get Involved fair on Jan. 17.

On the final day of the course there is a written and practical exam. The written portion, as Medcalf says, "mirrors the reality of life in a bike shop."

It is open book and multiple choice. Students can use reference books and refer to their bikes at the workbenches, but cannot speak to one another.

For the practical part, new bikes, still in boxes, are shipped in. Students are supposed to unpack the semi-assembled bike, disassemble the parts that arrive already made and then fully assemble them to the manufacturer's specifications.

"Local bike shops lend us these bikes and we return them to their shops quality assured and ready to go on the showroom floor," Medcalf said.

When students successfully complete the course, 88 hours in length, they are awarded with a certificate from Winterborne Bicycle Institute with both the company and Conestoga's logos on it. It signifies that students have completed their course and tells prospective employers that student have some formal training and can be placed in the workforce.

Gillian Oldfield, continuing education program administrator, said she was surprised at the number of people interested in this course.

She's hoping, in the future, that the course will develop into a cer-

tificate program and that students will "increase their knowledge of how to maintain their bikes on a professional level and hopefully secure employment in a bike shop."

With another session scheduled for the spring semester, and one student on the wait list from this session, Medcalf has high hopes for the future of the course.

"We think there's an opportunity to dovetail our bicycle-specific content into the college's existing small business program and perhaps create a bicycle retail sales, service and operation program," he said. "We see great opportunities in adding specialty courses such as one that focuses on mountain bike suspension maintenance, tuning and overhaul."

Medcalf believes that "through our efforts there will be more and better trained mechanics available to the bike industry in Canada. The quality of service will improve and retailers who hire our mechanics will garner a larger and more loyal customer base."

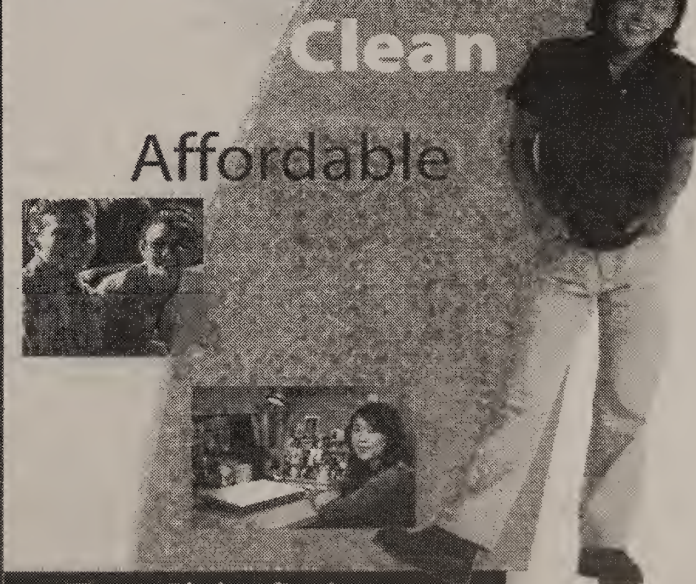
Medcalf said he was always eager to find better ways to get people on bikes more often and feels that "through the creation and delivery of this course, I believe we're helping, in a small way, to improve the world one bike and one cyclist at a time."

For more information visit [www.winterbornebikes.com](http://www.winterbornebikes.com).

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# Community partners thanked, given college updates

By **LEANNE MOUNTFORD**

Conestoga College's community partners were given an update on the happenings at the Doon, Waterloo and Guelph campuses Jan. 18 at a Community Partners Breakfast.

"Events such as the Community Partners event that was recently held at the Waterloo campus are excellent opportunities for us to update agencies, other educational institutions and our community partners about our programs and new initiatives," said Brenda Gilmore, employer liaison and program marketing.

"At the same time, it gives us a chance to showcase our facilities and students. It is also an excellent venue for us to receive feedback on how we are doing and also understand future needs within the community."

John Tibbits, president of Conestoga College, was one of the speakers.

He said some people feel about 80 per cent of new jobs in this community require some sort of post-secondary education.

"What it means from my point of view is we're going to have a broader range of people," said Tibbits.

In Canada, 55 per cent of people have post-secondary education. In order to get these new jobs, 80 per cent of people will need post-secondary education, which will give the region a huge range of people with different levels of literacy and numeracy skills, he said.

"One of my criticisms of the post-secondary system in Ontario is that it needs to be elite, we need standards, but it has to be much more integrated and much more diverse. We need to work on that,

we need to have a greater emphasis on applied learning," said Tibbits.

"If we are going to broaden the participation rate up to 80 per cent, we have to respect lots of different kinds of learning; we need to attract more people into the applied learning stream."

From this college's point of view, the next step is creating more opportunities and more pathways. There needs to be a system that is open.

"In British Columbia they built ladders for salmon, why don't we have educational ladders for people?" said Tibbits.

He also asked why a person can't start as an apprentice and move through and eventually get a university degree if that's what he or she aspires to.

"What we are trying to do here is put a great focus on pathways and ladder," said Tibbits.

"This kind of gathering of community partners, to me, is really about opening up the community to provide more opportunity in order to give more people a chance to be the best they can be.

"We value our partnerships. I think that's the only way this community is going to be successful, is all of us working together to get those opportunities."

Gilmore, along with Tanja Gancevich, employer liaison and program marketing, organized the Community Partners event.

"It was a joint effort between the School of Trades and Apprenticeship in Guelph, Doon and Waterloo under the direction of chairs Stephen Speers and Greg White. We also invited the Ministry of Training, College and Universities (MTCU) as well as the staff from the School of Engineering and Information Technology and Corporate

Training to participate in the event," said Gilmore.

About 50 people representing educational institutions, government-sponsored programs, non-profit organizations and faculty and support staff of Conestoga College attended.

A few of the institutions and organizations represented were The Working Centre, Skills Canada, The New Canadian Program, Canada's Technology Triangle, the City of Kitchener and the City of Waterloo.

"This was an excellent opportunity

for us this year to be able to showcase the students and facilities at the Waterloo campus. It gave our partners an opportunity to tour our shops, network with staff as well as have some fabulous cuisine prepared by our hospitality students," Gilmore said.



(Photo by Leanne Mountford)

Conestoga president, John Tibbits, addresses the Community Partners breakfast on Jan. 18 at the Waterloo campus. Tibbits said the only way the community is going to be successful, is if everyone works together.

## Pride group plans social nights

By **SAMANTHA SAECHAO**

Do you remember when the word gay used to mean happy? It still does.

And that meaning also applies to Conestoga Pride, a support group that meets twice a month to have discussions and special social nights.

Conestoga Pride has been around for about three years and each year was focused more on discussions about the group and offering support.

This time around, the group wants to be more social, where everyone is welcome to come and meet new people, make friends and have fun doing many different activities such as watching a movie or enjoying a games night.

"We know there are many students out there," said Siobhain O'Conner, a second-year public relations student and co-president of the group. "So this group is there for support."

Before the group's existence, support and discussion was offered through counselling.

"But we feel that this group is more effective, student to student," said O'Conner.

Last semester the group had about 10 members, but the numbers tend to fluctuate, depending on students who come and go,

graduate or come only once. This semester they are hoping for more members.

"This group is very important," said Vanessa Strickland, a first-year biotechnology technician student and the other co-president of the group. "College is when people first discover themselves."


Conestoga Pride's goal is to provide a safe and supportive place for students of Conestoga to socialize and have fun and to also encourage diversity and acceptance.

Even though this semester the group will be more social, they are an activism group, pushing issues forward, to have their voices heard.

"Other colleges have a strong student rep and we feel that Conestoga should be there too," said Strickland.

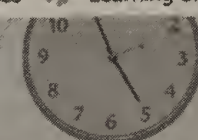
Lynn Woodford, a counselor in counselling services and adviser of the group, said the committee has developed a model which would enable Conestoga to position itself to create an environment that embraces diversity, promotes inclusiveness and operates, in principle and practice, from a framework of respect.

For further information e-mail [conestogapride@conestogac.on.ca](mailto:conestogapride@conestogac.on.ca) or visit the website [www.conestogastudents.com/pride](http://www.conestogastudents.com/pride). Any e-mails sent will be confidential and read by only the co-presidents.



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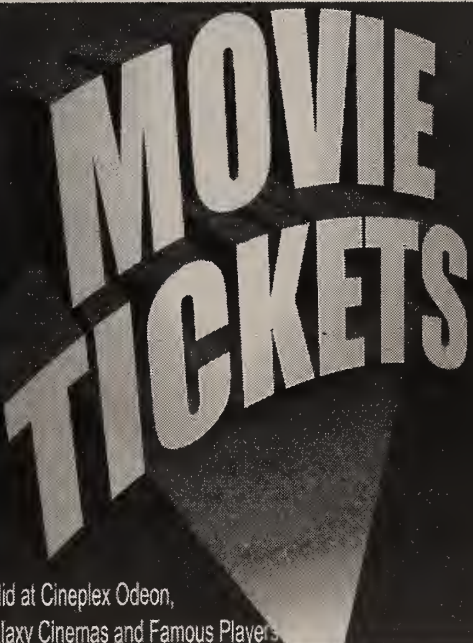
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# A new spin on fitness

By MEGHAN KRELLER

Ten gleaming steel poles are what separate a King-Street dance and fitness studio from all others in Waterloo Region.

Although often associated with nightclubs and nudity, pole dancing has recently become linked with strength and fitness; Impact Movement Studios in Kitchener offers classes in this modern fitness craze to women 18 years or older.

"It's fun — you don't realize you are working out until the next day when you can feel it."

*Leanne Gielck,*  
owner of Impact Movement  
Studios in Kitchener

When Leanne Gielck opened her studio about 14 months ago, a co-worker joked, "You have all this space, why don't you put up some poles?"

With that, the research began. Today, Gielck calls deciding to offer pole dancing classes the best thing she's ever done.

The classes bring out a lot of different customers and, although some are a little hesitant at first, people love it, said Gielck. The bulk of customers are in their 20s and 30s but, overall, the diversity of the classes is incredible, she said.

"So far customers range from 18 to the mid 50s — we see all different shapes, sizes and lifestyles," she said.

Gielck said pole dancing is ideal for people who want to work out but don't want to really work at it.

"It's something new, fresh and is a great way to work out," she said. "It's fun — you don't realize you are working out until the next day when you can feel it."

The first few times it really works your core and upper body,

but once you've progressed, it's a full-body workout, said Gielck.

"You are working your body while learning pole technique,"

sexual, but that shouldn't be frowned upon," she said.

Impact Movement Studios is the only facility in the area offering pole dancing as a form of exercise, however, Gielck said she has been contacted by other studios inquiring about classes, her setup and has even received employment offers for her longtime instructor.

"Finding someone loyal and who really knows what they are doing is tough," she said.

Jessica Carron has been a dancer for more than 10 years and teaches pole dancing classes at Impact Movement Studios three nights per week.

Carron said the atmosphere of the class really depends on the group; some are hyper and chatty, while others are quiet and subdued.

"What's important is that they come in comfortable and we keep them that way," she said.

People come for different reasons — they saw it on Oprah, they hear it's good exercise, they see girls doing it in clubs and want to try it — no matter what the reason, all the girls realize it's harder than it looks, said Carron.

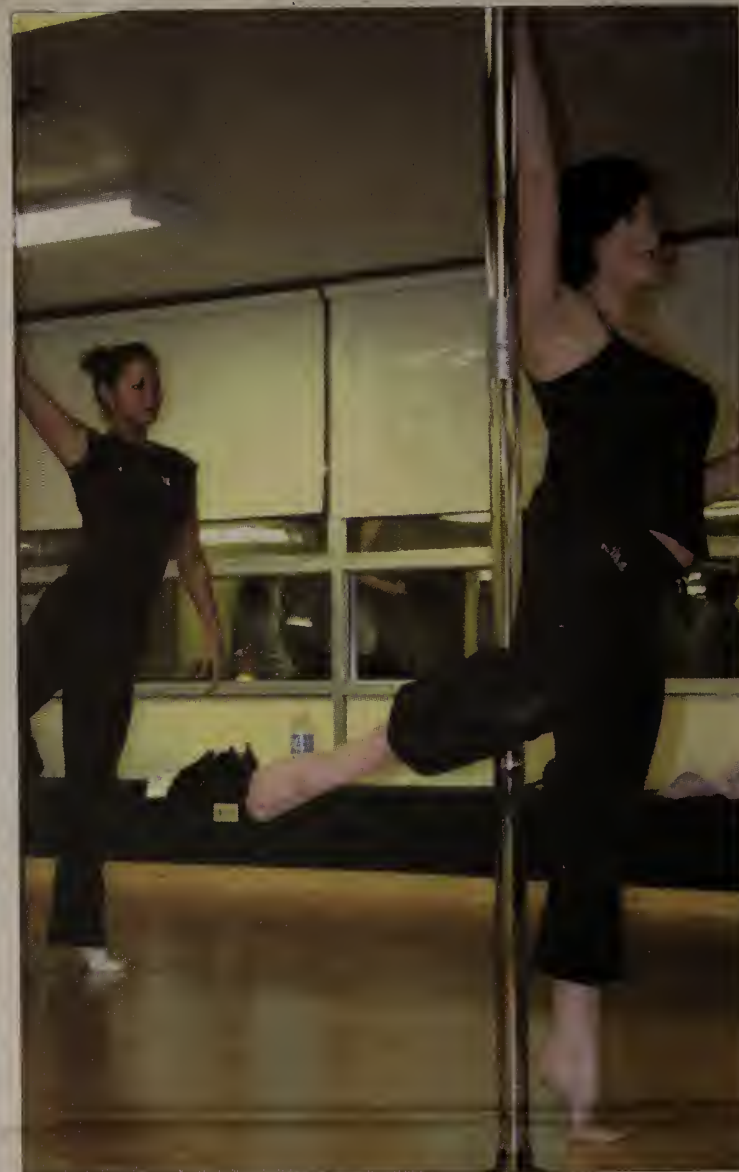
Impact Movement Studios is a drop-in, pay-as-you-go studio. All pole classes are \$10 each and are open to women only in order to maintain a comfortable atmosphere for participants. For more information visit [www.impact-movement.ca](http://www.impact-movement.ca)

said Gielck. "By the time you reach the advanced class, you are swinging, hanging upside down and learning some pretty intense pole tricks."

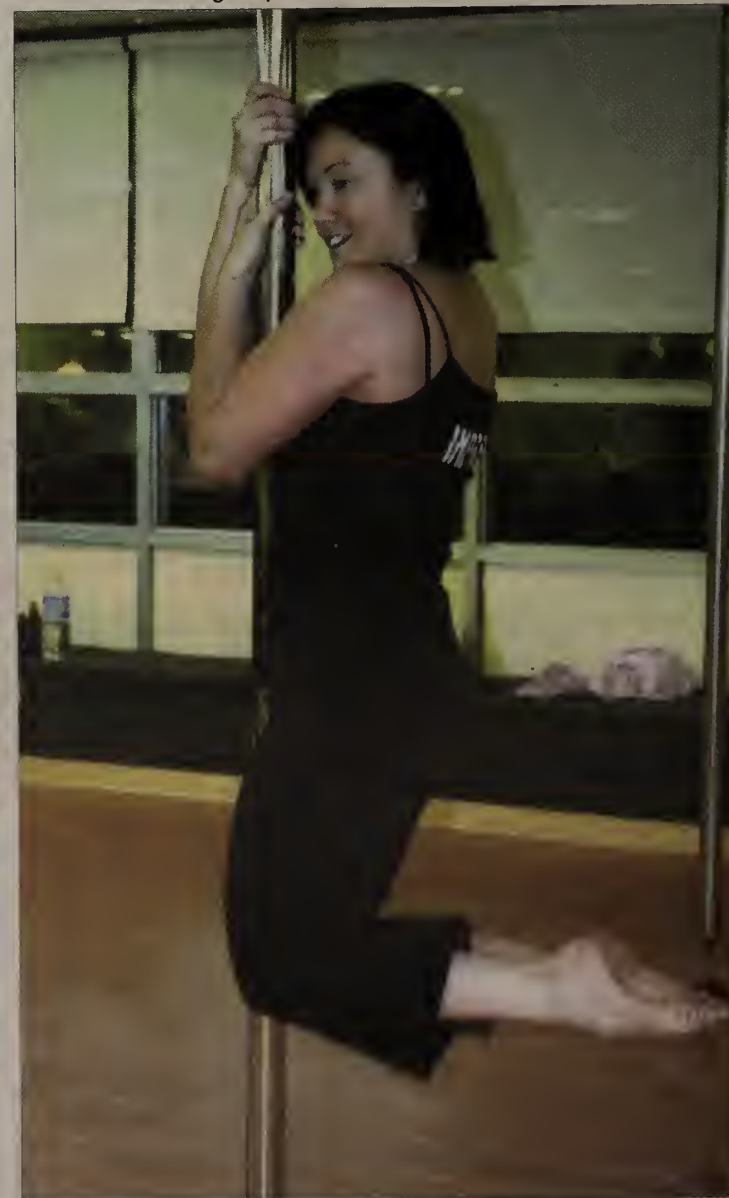
Gielck's father constructed her 13.5-kilogram poles that can be removed to allow for other dance and exercise classes.

Although different viewpoints are held on the subject of pole dancing, people should know it's not the stereotype, said Gielck.

"Sure it makes you feel more



Jessica Carron has been a dancer for more than 10 years and teaches pole classes at Impact Movement Studios in downtown Kitchener three nights per week.



Pole fitness classes, which are designed for women 18 years or older, bring out a lot of different customers.

Photos by Meghan Kreller





Above: Team Raize extreme martial artists, Aaron Cardoso (left), Norm Brandt (middle), and Dylan Dombroski (right).



Members of Team Raize demonstrate various jumps, flips and fighting sequences for Conestoga students as an alternative way to stay fit on health and fitness day Jan. 17.



Right, unofficial team leader, Norm Brandt, a first-year general arts and science student and computer programming graduate of Conestoga, shows off his extreme martial arts skills.



Photos by Eric Murphy

By ERIC MURPHY

**Team Raize**, an extreme martial arts team, put on a demonstration of kicks, flips and jumps for Conestoga students to promote alternate ways to stay fit Jan. 17.

Norm Brandt, a first-year general arts and science student and computer programming graduate, first got the idea of extreme martial arts from watching martial arts movies.

"There was a few of us who were interested in martial arts but we weren't interested in doing the run-of-the-mill punch, kick, punch stuff everyone else usually does," said the team leader. "We wanted to do all the flips, jumps and extreme fight sequences that we see Jackie Chan and Jet Lee do in all their movies, so we started a club."

In 2004, Brandt, along with a few classmates who had various martial arts and gymnastics backgrounds, put a proposal together and submitted it to Conestoga Students Inc. (CSI) to launch an official extreme martial arts club.

"We trained in the rec centre and with the money CSI provided we were able to get team uniforms," said Brandt. "The uniforms made a huge difference."

ence  
—  
they  
boosted  
team moral,  
pride and really  
made us look and  
feel professional and now  
three years later we're putting on  
performances."

Team Raize was interested in not only showing off the extreme side of martial arts but to also show people that there are more options to staying fit than just running on a treadmill and lifting weights.

"To pull off multiple flips and jumps is very draining and takes a huge toll on your body so stamina and healthy living are very important," said Brandt. "I thought I was fairly fit and healthy while I was doing the regular running and weight training but after only 30 minutes of training with the team I was on my back dripping with sweat."

Brandt said living a healthy lifestyle is just as important to personal fitness as the physical training.

"You really have to eat healthy, avoid fast food, stop smoking and reduce casual drinking to do this type of stuff," he said. "With the amount of isometrics we do and constant movement that extreme martial arts requires, it's almost impossible for regular smokers to do without a change of lifestyle."

Teammate, Dylan Dombroski, a 16-year-old gymnastics coach with the Cambridge Kips, said dedication and fitness are so important.

"Really, anyone can do this but they really have to be dedicated to what they're doing which means keeping your cardio levels up and practising," he said. "With every sport comes injuries but there aren't too many sports that require jumping off high objects, doing flips and fighting with weapons so you really have to be fit and practice because with extreme martial arts come extreme injuries."

Aaron Cardoso, a Brazilian martial artist and Team Raize teammate, said people will get much more out of extreme martial arts than just great fitness.

"Sure this stuff makes you physically stronger but it does more than just that," he said. "The hard work, discipline, performing in front of crowds builds self-esteem and helps prepare you for all aspects of life."

Lindsay Silva, the event programmer for CSI, said that the health and fitness day was a great way to clear the winter blues and make students aware of the various ways to burn off those stubborn holiday calories.

"We thought it would be a great way to help students settle into the

Extreme  
martial arts  
team RAIZES bar  
on health and  
fitness

sec-  
o n d  
semester,"  
she said. "To  
have one of the  
CSI clubs like Team  
Raize perform was a unique and  
great way to tell students to keep fit and  
have fun."

Andrea Brean, a first-year general arts and science student, said the performance was a great show.

"The kind of stuff these guys do is not your average, boring workout," she said. "Anyone can tell just by watching that it takes a lot of co-ordination and hard work."

Phon Pham, a first-year general arts and science student, said he would most definitely be interested in joining the club after seeing the extreme martial artists.

"Just watching it gets your heart going," he said. "It was pretty sweet."

Team Raize, with co-operation with CSI, hopes to put on an even bigger and better show with more weapons, fights and flips either for the grand opening of the bar and bistro in the Student Life Centre or as part of an end-of-the-year party.

In the meantime, the extreme martial artists are training hard with the hopes of performing at the Lunar Festival in Waterloo at the end of February.

For more information on Team Raize and how to join go to [www.teamraize.com](http://www.teamraize.com)



# Unite your mind, body and soul

By TARA RICKER

Breathe in and breathe out. These were the soothing words heard during a yoga class at queen street yoga in downtown Kitchener.

For one hour participants in the class were given the chance to escape the stress and madness of everyday life and strictly focus on themselves.

Participants sat in a lotus position on yoga mats which were spread across the spacious studio's hardwood floor. With their eyes closed they were instructed to concentrate on their breathing. "Attention to your breathing is a big part of practising yoga," said Meaghan Johnson, owner of queen street yoga.

One of the basic principles of yoga is pranayama, or breathing exercise, which promotes proper breathing. In a yogic point of view, proper breathing brings more oxygen to the blood and to the brain, and controls prana or the vital life energy. Pranayama also goes hand in hand with the asanas or posing. The union of these two yogic principles is considered as the highest form of purification and self-discipline, covering both mind and body.

Regular practise of asanas, pranyama and meditation can help such diverse ailments as diabetes, blood pressure, digestive disorders, arthritis, arteriosclerosis, chronic fatigue, asthma, varicose veins and heart conditions.

"Yoga therapy is successful

because of the balance it creates in the nervous and endocrine systems which directly influence all the other systems and organs in the body," said Johnson.

Yoga acts both as a curative and preventive therapy. The very essence of yoga lies in attaining mental peace, improved concentration powers, a relaxed state of living and harmony in relationships.

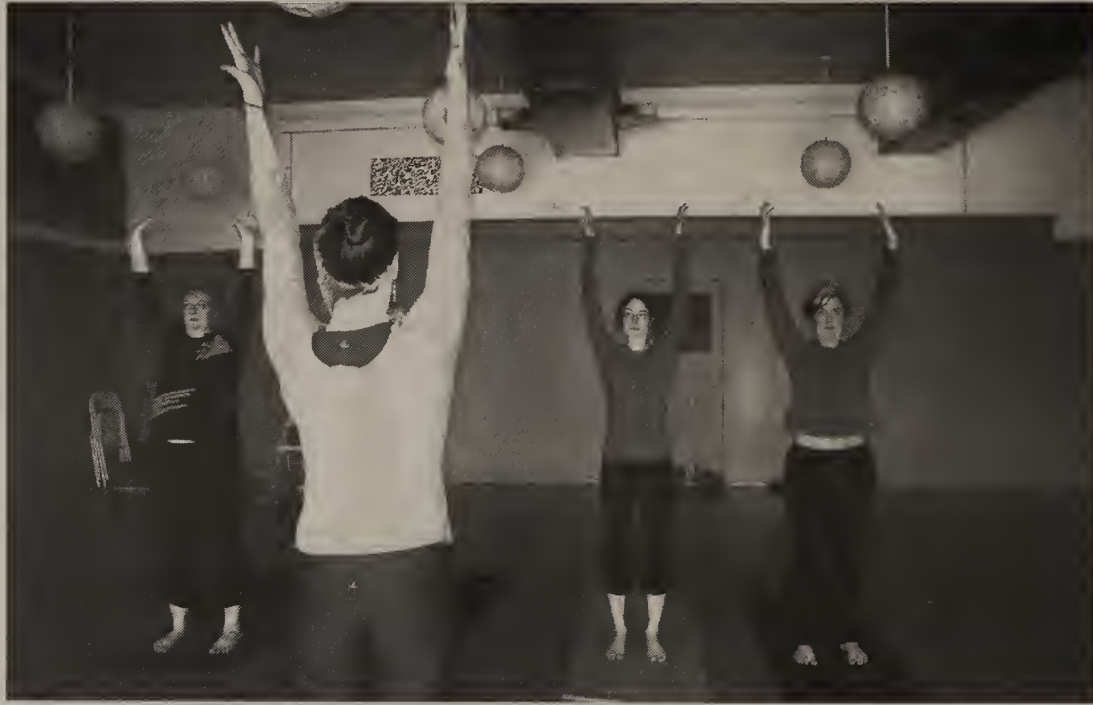
"Through the practice of yoga, one becomes aware of the interconnectedness between their emotional, mental and physical levels," said Johnson. "Gradually this awareness leads to an understanding of the more subtle areas of existence."

The ultimate goal of yoga is to make it possible for those who practise to be able to unite the mind, body and spirit.

The word yoga is derived from Sanskrit, one of the world's most ancient languages. In its simplicity, yoga means: "a bringing together of the parts in order to create a union or balance of a person's body, mind and spirit."

Society's contemporary western concept of yoga has little, if anything, to do with anyone's religion or belief system. However, it must be said that our contemporary western approach to yoga is but a small part of the original "yoga" that developed thousands of years ago in India, and is still being taught throughout the world.

It is said that many thousands of years ago in India, various orders of high Hindu priests developed



(Photo by Tara Ricker)

Meaghan Johnson, owner of queen street yoga, has been teaching classes for five years. Johnson said when looking for a place to study yoga, it is important to find an instructor who is willing to take the time to modify poses to each participant's ability.

parallel concepts of yoga. They were ascetics, living a strict and disciplined lifestyle. Through the millennia and particularly in the south of India, the "yogis" as they were known, were vegetarians, wore minimal clothing and lived literally close to the earth learning directly from nature.

In addition to their many other disciplined and spiritual practices, these spiritual ancients observed that in nature, the bodies of ani-

mals were almost always perfectly balanced. They exhibited profound flexibility, strength and endurance and were always living in balance with their environment.

When hungry, animals ate. When tired, they rested. And when injured, animals sought refuge in a quiet place and stayed until they healed, or died. Animals, the yogis observed, showed little fear or anxiety; but when they did, it didn't last long

because animals, they surmised, did not appear to worry about the past or future.

From generation to generation, for thousands of years, and in concert with a deeply involved system of spiritual practices, "exercising the body in order to center the mind," was only a small component of the yogis' practice and teaching.

Through millennia, however, various yogis developed and codified a system of physical practices that emulated the perfection of nature. Their ancient yoga texts described how their intense practices both enhanced health and spirituality, thereby allowing them to merge with universal consciousness.

Historically, these ancient people lived in totally protected religious environments spending virtually all of their time in devotional prayer that included the exercises. Modern evolutionary approaches to yoga have created clear delineations between the Hindu religion and the practice of yoga.

It is important to note that until the beginning of the 20th century, all yogis were devout practising Hindu priests, which is not true today. Nowadays, anyone and everyone can practise yoga.

"Yoga is about focusing on who you are and what you're about," said Johnson. "It's about learning that your thoughts aren't who you are."

Size and fitness level do not matter because there are modifications for every yoga pose. The idea is to explore your limits, not strive for some pretzel-like perfection, she said.

"Unlike a fitness facility yoga is about taking your time and not pushing yourself," she said. "There is no goal to reach and no one is continually looking over your shoulder pushing you beyond your limits."

No pain, no gain is not the yoga way. If it hurts stop. "Patience and feeling good about yourself and your world is the way of the yogi."

For more information visit [www.queenstreetyoga.com](http://www.queenstreetyoga.com).

## COUNSELLOR'S CORNER: *Multiculturalism*

Have you recently moved from your home country to Canada? Is English your second language? Are you on an international student visa, of landed immigrant status, or did your family originate from a country other than Canada? Have you recently emigrated from a war-torn country? Are you dealing with issues such as culture shock, unfamiliarity with college or community resources, racism, or a lack of cultural familiarity? Will you be experiencing a Canadian winter for the first time?

Our college community is becoming enriched more and more with students from various cultural backgrounds. This creates a wonderful opportunity for growth, learning, and diversity. However, it can also pose transition issues for those who are new to the country and the college.

If you feel you need support dealing with these transitions, help is available. You can talk to your teachers, classmates, friends, or counsellors in Student Services. The Multicultural Support Group offered through Student Services provides an opportunity to meet new people and talk about issues related to being in a new country. The Peer Host Service offers one-on-one matches with your peers for the purpose of support and friendship. To learn more about resources at the college and in the community, visit Student Services.

*A Message from Counselling Services*

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>



# Program builds on employment skills

By SUMMER MCPHEE

The Employment/Training Readiness (ETR) program is not well known in the community, despite being around for a while. Part of the problem is it only runs two times a year, said Dianne Murphy, an instructor in the program.

"ETR is a 10-week program held at Conestoga College's Cambridge, Waterloo and Guelph campuses for men and women who are either in career transition, looking at changing jobs completely or they are looking at going back to school, but they're not sure for what or how," said Murphy, who works at Cambridge's campus.

The program assists students in upgrading their math, computers and communication skills as well as working as individuals or in groups. It helps students to prepare for their General Educational Development (GED) test in order to further their education or to obtain employment.

Applicants must be 19 years of age or older and are required to attend a program information ses-

sion and complete a questionnaire. They will be assessed on suitability for the program through an interview with program personnel.

There are three main courses within the ETR program. The first course is personal development where the students do a lot of building of self-esteem by identifying strengths, feelings, values and attitudes. They are then taught how these attributes affect themselves and others. They work on time management, effective communication skills and goal setting.

The second course is career development where they research the realities of trends, including what jobs are growing and shrinking, how much each job pays, what kind of schooling would they need and what's the nature of the day to day job.

The third course is employment strategy, where the students develop resumes and cover letters as well as learn the techniques of effective interviews. This course also includes a two-week job shadow of someone in the field they think they would like to be in.



(Photo by Summer McPhee)

Geri Duguid, left, and John Hodge are two students in the employment/training readiness program who have successfully finished their second week, with eight more to go.

Murphy said no matter what their age the students all have one thing in common, they want to move forward.

"They want to find employment, they like or get into a course that makes sense to who they are and to be successful doing it," said Murphy.

Dan Galway, a current student in the program, said he just got his

Grade 12 equivalency and now that he has it he doesn't know what to do with it.

"I've worked in a factory and I've owned my own businesses, but I wanted change so that's why I got my Grade 12," said Galway.

He said this program will help set him in the right direction because

he will be doing enough research to figure out what he wants to do.

"This program teaches you why you do what you do and why you can't do what you're afraid to do," he added.

Geri Duguid, also a current student in the program, said they're learning a lot about themselves and what their temperament is like.

"I know what direction I'm going to take and the more I learn about myself the more I'm sure I'm in the right direction," said Duguid.

She said if you apply what you've learned about temperaments in general to everyone else in your life, you'll be able to work better with others.

John Hodge, another student, said the program is good for someone who is not only dissatisfied with their job but with their life in general.

"If you're not happy with where you are it gives you ideas of how to get to where you want to be," said Hodge.

He said his teacher is passionate about what she does and enjoys helping other people.

"I hated school," said Hodge. "Now I'm here and I love it."

## Conestoga students excel at annual Ignition \$1K Pitch

By PEGGY O'NEILL

The Launch Pad 50 K competition is a great opportunity for entrepreneurs to get a jump-start on their businesses.

The teams in Launch Pad will compete this May for \$50,000.

On Jan. 10, 45 participants competed to win one of three \$1,000 cash prizes in a smaller component of Launch Pad, the Ignition \$1K Pitch Competition.

Students from Conestoga College, University of Guelph, University of Waterloo, Wilfrid Laurier University and community members, competed for the prizes.

Lindsay Whiting, an organizer of the competition, said this was the first year a team from Conestoga made it to the finals.

"Conestoga had a really positive attitude this year. It was the best showing of Conestoga students I had seen yet," she said. "I'm excit-

ed to see what they will do in the future."

Whiting isn't competing in the Launch Pad 50K but is behind the scenes organizing and mentoring students in the competition.

The Conestoga students who participated this year were Gerald Reinink and Mike Hutchinson for Reinink Reclaimed Specialty, Brenden Sherratt for RevolvingNews.com, and Pablo Hernandez for Pro-Techt.

Reinink Reclaimed Specialty will be a new company that sells hand-hewn slab siding and log cabins made only of reclaimed beams from old barns.

Reinink said he came up with the business plan while he was working for the Rustic Wood Company.

"It's called 'specialty' because the market is saturated with companies selling mainstream products like reclaimed flooring. It's time to get creative," he said.

Reinink and his team have been working on their business plan for about three months or so, but he had been using the concept for other business plans as far back as Grade 11.

He said he wasn't very nervous before the preliminary pitch, but the final round was a little more intense.

"I felt like I was in Donald

Trump's boardroom with all the serious looking judges in their dark suits," he said.

Between now and the Launch Pad 50K competition Reinink said he will be making a large sample piece and doing a pile of work on his business plan.

He said if they win in May he will open the doors to the new busi-

ness as soon as he finishes third year.

"If we don't win, then I'll probably work for a couple of years just in security and then visit the idea again," he said.

The deadline for entry into Launch Pad 50K is March 9 at noon, and business plans have to be submitted by April 5 at noon.

### Now Recruiting: Orientation Leaders!



"Being an Orientation Leader has been one of the most unforgettable, rewarding experiences in my college career. It just feels different walking down the halls, having people say 'hi'...it's like there is a buzz in the air. I know I've helped make a difference in Conestoga's culture".

(OL Feedback, 2006)

**Why Apply? In addition to great volunteer/leadership experience, you'll**

- ✓ Meet great people and make new friends outside your program
- ✓ Benefit from fun & dynamic leadership training
- ✓ Get a certificate for your portfolio to help with job and placement interviews
- ✓ Get a free t-shirt/sweatshirt
- ✓ Positively impact the first year experience for new Conestoga students

And best of all, It's a whole lot of fun!

**Applications are available in the Student Life Office  
(2A101) or online at [www.conestogac.on.ca/studentlife](http://www.conestogac.on.ca/studentlife)**



**Applications due by 4:30 pm Thursday February 8th  
in the Student Life Office**

StudentLife

### Musical interlude

Second-year recreation and leisure services students, Nicole Sider and James Hurst, tickled the ivories and strummed some strings as they entertained people who attended the Student Life Centre open house on Jan. 18.



(Photo by BJ Richmond)



# Robert receives Munsch appreciation

By ANNE LISE THOMPSON

Canada's very own and very best storyteller, Robert Munsch, delighted an audience of children and parents alike at two recent shows at Centre in the Square.

The performance was just over an hour in length but his reenactment of his timeless classics seemed to take only minutes. Munsch, who is also performing on a short circuit which also included Belleville, Ottawa and Oakville, had a very practical reason for starting in Kitchener.

"Why Kitchener?" he asked. "Because I live in Guelph, although now the people in Guelph are going to be asking why Kitchener, what's wrong with Guelph?"

Munsch also said that he was excited to be able to experience a combined audience of both children and their parents.

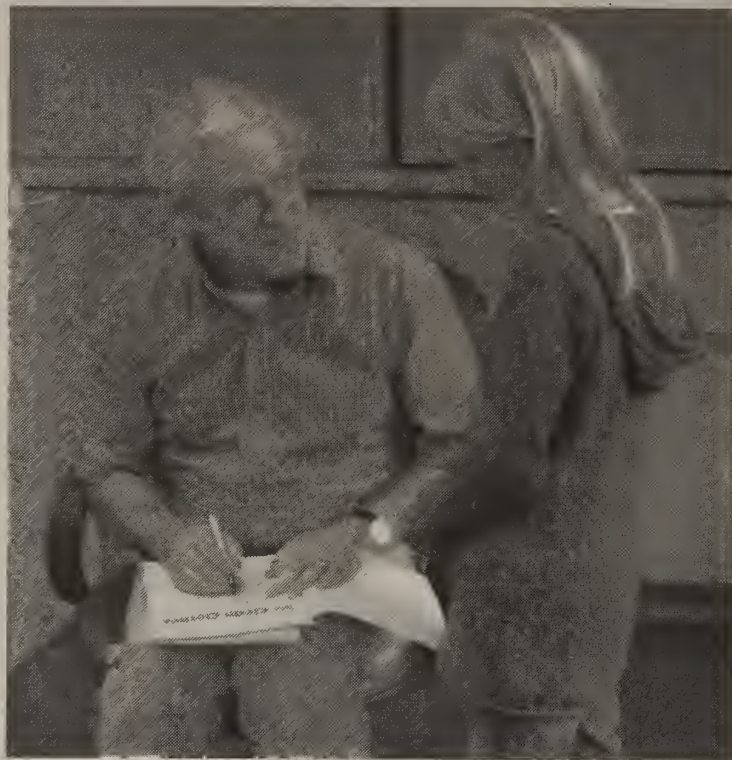
"It's easy to get audiences of kids, all I do is just go to a school. It's harder to get audiences of parents and kids and that's what I get here," he said.

He said performing with parents in the audience is a whole new ball game.

"They (parents and children) react differently to stories. They don't react at all the same as a straight audience of kids. I really like this target audience, because that is the audience that's reading my books."

Munsch said his favourite part of performing his books was just seeing an audience be captured by the magic of the story, although he admitted that because he is a children's author it can be tricky.

"With little kids it's really hard (to capture them) because you walk out on stage and you have 30 seconds to capture their attention



(Photo by Annelise Thompson)

Before an afternoon performance at Centre in the Square, children's author Robert Munsch took some time to meet fans and sign autographs. Peyton McCallum listened to Munsch as he created a story about her, based on the flowers on her jeans. TD Canada Trust sponsored the event.

before they decide you're a dud and they start to make trouble," he said.

To help keep attentiveness Munsch changes the names of the characters in his stories to the names of children in the audience.

"I change the stories around, I use names of the children in the audience so it's a different experience for everyone each time I step on the stage."

Being such a popular storyteller, Munsch receives plenty of requests from schools worldwide, asking him to come and read to

their students.

"I have at least 60 schools call a week," he said, "so even if I did go to one school every week, I still would get behind. So now with schools it's just the luck of the draw."

But schools are still eagerly and creatively trying to coax Munsch into a visit. The most unique request he's ever received came from a school in New Zealand.

"They even had the Prime Minister write and ask me to come," said Munsch. "I thought

that was very clever of them, but I didn't have time to do it."

At his Kitchener show Munsch reenacted a variety of his stories. He performed new stories like Clean Clothes and We Share Everything, as well as classics such as Thomas' Snowsuit, Mortimer and the Paper Bag Princess.

"Last night around nine o'clock I had a very heavy banging on my door," Munsch told the audience, "and there was a girl standing there crying and holding a copy of The Paper Bag Princess. All she said to me was 'I just broke up with my boyfriend, please sign my book' so I did."

But that wasn't the only adult anecdote Munsch shared with the audience.

After reading Up Up Down, he told everyone that the reason the little girl climbs a tree in the book, and not a house like he had just said, was because "the people at Scholastics said that if a kid gets hurt climbing a house we're going to get sued, but if they get hurt climbing a tree, then that's OK because kids climbed trees before my book," said Munsch.

After the performance was over local children were very eager to share their favourite stories.

Sisters Brooklyn Mathies, 6, and Parker Mathies, 3, both agreed that Mortimer was the best story that Munsch told.

Five-year-old Owen Skeen agreed with the Mathies girls, "the Mortimer song was the best," he said.

Madison Mueller, 4, said, "Mortimer was good but The Paper Bag Princess, with the dragon was the best."

Whichever story each child liked best, the end result was clear, Robert Munsch was a big hit.

## An 'Evening' to remember

By ALEX MCNANNEY

In only the way he can do it, Kevin Smith, an American writer, director and filmmaker, taped two question and answer periods, releasing them as An Evening With Kevin Smith 2: Evening Harder.

The jokes fly and hilarity is in abundance as Smith tackles personal questions, rivals in the industry, the media, U.S. President George W. Bush and more. The two-disc DVD set includes Smith's sessions at the Roy Thompson Hall in Toronto and the Criterion Theatre in London, England.

The film clocks in at one minute under four hours, so it may seem like a long time for a film. But once the first joke is heard, the time just flies by.

The maker of such cult classics as Clerks, Chasing Amy and Dogma, is also joined by his wife Jennifer, daughter Harley and pal Jason Mewes.

Both sessions provide an utterly hilarious insight into what makes Smith tick, particularly his love for Timbits. His quick wit is also in full force as he responds with many quick one-liners to audience questions and comments.

Smith also delves into his rivalries with Tim Burton, whom Smith has had a war of words with ever since Burton cut Smith from his writing team when the two worked on a potential sequel to Superman.

His relationship with producer Jon Peters is also mentioned, whom he worked with on the Superman movie. So if you're looking for a really great laugh on a Saturday night, pick up An Evening With Kevin Smith 2: Evening Harder. As Smith would say, it's a whole lot of "fanny fun."

## Welcome to the face of Facebook

By KRISTIN GRIFFERTY

Most students know all the tricks when it comes to procrastinating and all the websites to visit when sitting at the computer trying to postpone writing that essay, assignment or article.

The newest rage in homework procrastination is a website called Facebook.

According to the website, Facebook is not only one giant site, but one made up of many separate networks based around groups such as schools, regions and other humorous groups.

When signing up for Facebook, users are given the opportunity to view other people from their network, depending on what you sign up as.

Using a school e-mail address for example, will allow you to search others with the same account, or those who have listed that school as one of their groups.

The website allows the user to search for anyone, but only allows you to fully view the account of another user if you are authorized as a friend.

Facebook is a great way to reconnect with people that perhaps you have lost touch with over the years.

Old dates, classmates, co-workers and distant relatives can pop up when you least expect it.

This website has the networks available to connect people to each other in ways that e-mail and instant messaging may not.

Facebook does have its downsides. It can become highly addictive, causing schoolwork to suffer, and the user can spend hours in front of the computer.

As a new user to Facebook myself, I went from checking it once a day, and having 10 friends on my network, to checking in multiple times a day, and gaining 53 friends in various networks and groups, all within the span of a few days.

A few words to the wise before joining Facebook; join with the expectation knowing that you are going re-ignite old friendships and possibly make new ones.

Also, be prepared to know when to shut off your Facebook page and go back to that essay.

If you are lucky like me, you can actually write that essay on Facebook, and claim your hours online as "research."

"Research" has never been this much fun. Check out Facebook at [www.facebook.com](http://www.facebook.com).



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## HOROSCOPE

Week of January 29, 2007



### Aries

March 21 - April 19

Patience has never been your strong suit. When you want something you want it now and you plunge head first into situations without really thinking of the consequences. Be careful Aries, haste makes waste.



### Libra

September 23 - October 22

Your devil-may-care attitude rarely has you bogged down with guilt or worry. Your natural charm allows you to smooth over rocky situations. Libra, don't always take the easy route, facing up to problems helps build character.



### Taurus

April 20 - May 20

You are not one to give up when things get tough; your dependability is a trait many admire in you. As your workload tends to get heavier, don't give in Taurus, you're stronger than you may think.



### Scorpio

October 23 - November 21

You know what you want out of life and won't let anything get in your way; you're a dreamer at heart. Hold fast to these ideals Scorpio, for if you truly want something the first rule to achieving it is believing you can have it.



### Gemini

May 21 - June 21

You're just as quick with thoughts as you are with words. Your agility when it comes to school and work amazes people. Keep an eye on how fast you really are Gemini, the last thing you want to do is crash.



### Sagittarius

November 22 - December 21

Rose coloured glasses seem to be your permanent accessory. You always see the positive side of any situation and are often the stronghold when things go wrong. Don't lose those glasses Sagittarius.



### Cancer

June 22 - July 22

Your moods are like night and day. One moment you're kind and helpful and the next you're snippy and pushy. Everyone has their days Cancer, so don't feel guilty for mood swings, but don't let them rule you.



### Capricorn

December 22 - January 19

You are motivated by the material things in life like money and authority and dream of having everything. While there is nothing wrong with these dreams remember Capricorn, material possessions don't last forever.



### Leo

July 23 - August 22

You are the king or queen of the castle. No matter what others say, the things you have are your own and they become a piece of you. You are generally possessive of objects and while you do deserve them, don't be too greedy Leo, sharing never hurt anyone.



### Aquarius

January 20 - February 18

You take the lead and rarely follow. You love to be in charge and choose which paths to take. Keep your head in the game and don't lose your focus Aquarius; people need leaders like you when they don't know where to turn.



### Virgo

August 23 - September 22

You're a sitting duck; everything seems calm on the surface but underneath your legs won't stop shaking. Don't wear yourself out trying to hide your nervousness or anticipation Virgo, get your anxieties out, it will help you keep calm.



### Pisces

February 19 - March 20

You have the ability to read others and are in tune with their feelings. You are compassionate and caring, especially with those who are in need of a shoulder to cry on. Don't let your kindness escape you Pisces; people like you are few and far between.



Tiffany McCormick is a third-year journalism student holding fate in the palm of her hand.

## Warning labels getting ridiculous

As warning labels on products become more and more detailed, it seems today that society lacks common sense.

It is understandable that companies want to cover everything possible so they don't wind up in court being sued over something stupid, but if people used more common sense and took responsibility for their own actions, warnings wouldn't need to be so ridiculous.

Bleach and other chemical cleaners that bear the poisonous symbol or say poisonous on them also need to indicate to people that these products should not be ingested. Do people really need to be told that swallowing poison is not a good idea?

On coffee cups at places like Tim



Leanne Mountford

Opinion

Hortons, there is writing saying contents may be hot — do people really order coffee assuming it will be cold?

The energy drink Red Bull uses the slogan, Red Bull gives you wings. However, they recently had to add "Actually Red Bull doesn't give you wings. It's a high energy drink that vitalizes the body and mind," to the end of their advertisements to prevent lawsuits. Most people understand that a drink

won't make you fly, but the warnings still have to be there, just in case.

On a recent Energizer battery commercial, the Energizer bunny gives a boost to an alien spaceship. In this part of the commercial, writing comes up along the bottom of the television screen stating this is a dramatization. It seems today that people can't tell the difference between reality and make-belief.

A lot of times when these warnings are put on products, it's because someone somewhere has actually done what the warnings tell you not to do.

All people have to do is stop and think and maybe there wouldn't need to be such stupid warnings on everything.

## An accolade to a bygone language

I once knew a rather presumptuous fellow who believed the term "convoluted" referred to "dirty water" as opposed to "complex" or "nebulous." This same individual used to spell a word as simple as "sophisticated" incorrectly.

Such a folly exasperated me, in addition to the innumerable cell phone conversations in public premises. They are heavily interspersed with the verb "like" (presumably a substitute for "said," "uttered" or "inferred") and are usually bereft of etiquette and topical substance.

Such accounts are indicative, to the passive bystander, of the imminent dissolution of the English language.

Alterations in our language are primarily a consequence of the inundation and perfection of communications technology, which promote succinct interaction between individuals via "chat shorthand" and a cornucopia of other technological jargon.

An ardent enthusiast of semantics and illustrious literary icons including Poe, Shakespeare and Percy Bysshe Shelley, it is an inextricable habit of mine to draw comparisons between the archaic form of the language with today's variation, laden with obscured ideals of courtesy whilst seemingly devoid of empirical virtue.

Indeed, language and the transmission of ideas are susceptible to change, though change, typically regarded as advantageous, can sometimes be the very pestilence of a deeply-rooted societal custom.

Alterations in our language are primarily a consequence of the inundation and perfection of communications technology, which promote succinct interaction between individuals via "chat shorthand" and a cornucopia of other technological jargon.

Technology has only served to hasten a sense of validity for verbal idleness, in other words, laziness. Why devote a second longer to typing the complete phrase "be right back" when "brb" is the accepted



Holly Featherstone

Opinion

approach? Technology has even made it possible to convey temperament not by a sincere recital, but rather by the effortless and oft-used emoticons.

Words have become a trite commodity, processed to ineffectuality and vacancy. Words become fruitless vocal tremors once we are able to evade their concurrent fervor and unfortunately, technology is heavily marketed to the ever-pliant youth demographic, which the restoration of the language is contingent upon. I don't believe the English language is evolving; it is being quelled by counter-maturation.

Proper communication is of primal importance. As long ago as 3,000 B.C., ancient Egyptian scribes, extolled as the "literate elite," assumed the role of record-

keeping on the basis of linguistic aptness and often endured extensive preparatory training prior to government appointment.

Similarly, some centuries later, literacy is still a vital prerequisite among the methodical corporate workplace. Blessedly, the Ontario Secondary School Literacy Test was administered in 2000 to assess the literacy skills of students and determine those in need of remedial aid. Successful completion of the test is necessary in order to receive a diploma.

I continue to encounter abominable spelling and grammar, though the literacy test is conducive to showing that the wealth of the state is not dependent on capital, but rather the proficiency and professionalism of its inhabitants in the workplace.

It is disheartening that the sum of intriguing and intellectual orators I have met thus far in my life can only be calculated on one hand, though I at least hope my own personal acknowledgment of the language's decadence is a means of eternalizing its most primitive, stately and pre-20th century standard.



(Photo by Stephanie Irvine)

### Hail the snow plowers!

Lots of snow over the past couple of weeks has kept many snow plow operators busier than they had been all season. Expect the freezing temperatures and snowfall to continue into February.



# Beware of bombardment

By NICK CASSELLI

Take a trip down memory lane; envision yourself as a hyper youngster ripping down the hall when the instinctive jingle of the recess bell freezes you like a deer in the headlights.

When looking back on those carefree school days, classes and lessons seem like ancient history, but for many, recess is not so easily forgotten.

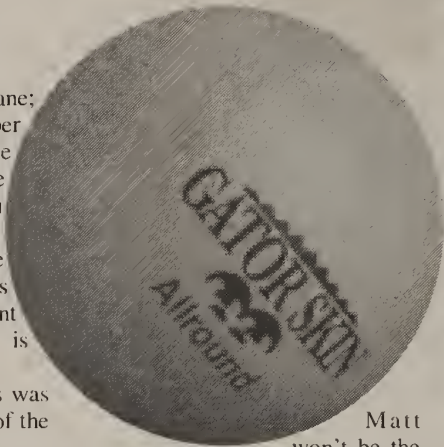
For athletic students, recess was the time to bask in the glory of the daily dodge ball wars.

But for those students who weren't quite so athletically inclined, dodge ball may bring back horrifying visions of your ape-like seventh grade gym teacher relentlessly hurling a 100-mph elephant-skinned ball at your head.

Whether friend or foe, the traditional schoolyard game can be relived with a simple stroll to the rec centre where fans can watch 12 Conestoga teams battle for intramural supremacy.

"It's gym class all over again, but this time it's competitive," said dodge ball participant and first-year business student, Matt Backlund.

"I've been on the sidelines for a while, so it might take some time to regain the skills I had in junior high."



Matt won't be the only participant looking to knock off a little rust.

Fellow dodge ball participant, Chris Doering, said he hasn't tossed around a dodge ball since the early '90s.

"The only shape I'm in right now is round," chuckled Doering. "It's been over 10 years since I've dodged a ball."

"These days it's been more of a battle of the bulge than a battle for the ball."

Action got underway Jan. 25 and the next game will be held on Feb. 6.

Although teams have already been constructed, fans can take in the heated matches as dodge ball games will be held regularly at the rec centre on Tuesdays and Thursdays from 4:30 to 6 p.m.



(Photo by Adam Black)

The Cambridge Hawks' centre attempts to score against the Oakridge Aeros at the Preston Hockey Tournament on Jan. 20. The Hawks won the game 3-1, and went on to win the Atom A championship.

## Preston hockey tournament scores big with parents and kids

By ADAM BLACK

The Conestoga College hockey arena was filled. Parents enthusiastically cheered on their child's team. On the ice there might even have been a few future NHL stars. The event that brought out the masses was the 49th Preston International Hockey Tournament. The Conestoga Recreation Centre hosted 15 games for the

tournament, which had 122 teams from Novice A to Atom AAA levels Jan. 19-21. Teams from all across Ontario, and a few teams from the Detroit and Buffalo areas participated. But this wasn't a weekend of hard-nosed hockey. Parents weren't screaming at officials or heckling the opposing team. The objective of this tournament was to have a good time while playing a sport

they all loved.

Craig Shindler, one of the chairmen for the games held at Conestoga, says the main goal was to make sure the kids had fun.

"We try to make sure everyone doesn't take things too seriously at this tournament," said Shindler.

"A lot of teams and tournaments take hockey way too seriously. We try to provide a more laid back, fun atmosphere, and a lot of teams like coming back and playing in this tournament because of it."

Todd Goetz, president of the Huron-Perth Lancers, thought the facilities where the tournament was held (the Galt Arena, the Preston Auditorium, the Sportsworld Twin Pad, the Cambridge Centre, Karl Homuth arena and the Hespeler Memorial Arena) were beautiful, and the tournament was very beneficial for his team.

"Anytime they can play hockey and have fun, it is great," said Goetz.

"Living in a North American society which deals with so many obesity problems, anything that helps keep children active is great."



(Photo by Adam Black)

An Orchard Lake Pirates' defender attempts to clear the puck in a game against the Burlington Eagles at the Conestoga recreation centre. The Eagles won the game 2-1 after scoring in the final minute of play.

## Networking Opportunities at Job Fair

### What is Job Fair?

#### An opportunity...

- ★ To network with employers from across North America who are **currently hiring for full-time, summer, co-op, contract and part-time jobs**
- ★ To investigate and research career options and current jobs from **diverse sectors**
- ★ To offer your résumé to numerous employers
- ★ To present your skills and qualifications in person



For more information, contact Co-op and Career Services in SCSB Room 220, Doon Campus, Tao Cruikshank, [teruikshank@conestogae.on.ca](mailto:teruikshank@conestogae.on.ca) or 519-748-5220, ext. 3340.

### Preparation

- ★ Visit [www.partners4employment.ca](http://www.partners4employment.ca) for a list of participating organizations
- ★ Pick up an **Employer Guidebook** in Room 220, Student Client Services Building or at the Main Office of the Guelph Campus in advance of Job Fair (available at RIM Park on the day of the Fair as well)
- ★ **Research** employers attending the Fair and **target** those of interest to you
- ★ **Update your résumé** and take copies to the Fair
- ★ Prepare **questions** to ask employers

### Presentation

- ★ Dress and conduct yourself **professionally**
- ★ Exude **enthusiasm** and **self-confidence**
- ★ **Be focussed** and ask relevant questions



### How to Get to Job Fair

- ★ **FREE transportation** is available from the Doon Campus
- ★ The bus will run throughout the day and will pick up and drop off at **Door #3**

**RIM Park**  
2001 University Avenue East  
Waterloo, ON N2K 4K4  
(519) 884-5363

To Job Fair	From Job Fair
9:30	12:00
10:30	1:00
11:30	2:00
1:30	3:00



# Head to head: Super Bowl XLI

## Bears da champs

## Colts the team to beat

The chants of "Da Bears" made famous by Saturday Night Live's "superfans" will echo across the land this week as the Chicago Bears return to the Super Bowl for the first time since 1986. That year, the Bears "shuffled" their way to a 15-1 record, defeating the Patriots 46-10 in Superbowl XX.

Such a margin of victory is not likely this year, but the Bears will be victorious this week in Super Bowl XLI, and largely because of two men: coach Lovie Smith and linebacker Brian Urlacher.

Urlacher has been the heart and soul of a defence that has dominated the 21st century. The only reason the Bears haven't won a championship is because their defence could only overcome their anemic offence for so long. But that changes this year.

Quarterback Rex Grossman was a concern coming into the playoffs. He had proven talent, but was wildly inconsistent and came close to crippling his team's chances for home-field advantage down the stretch. But Lovie Smith stood by his quarterback, and it paid off.

In the playoffs, Grossman has completed 50 per cent of his passes for 426 yards, 2 touchdowns and just one interception. In case you're keeping track at home, that's five FEWER interceptions than Peyton Manning has thrown this postseason. Grossman's numbers are not phenomenal, but they don't have to be. Consistency and efficiency are all this Bears defence needs from the offence in order to carry the team to a win.

Last week against the top-ranked New Orleans offence, the Bears defence forced four turnovers. They led the NFL in total take-aways and forced fumbles this year, possessing an uncanny ability to separate their opponents from the ball when their team needs it most.

Don't believe me? Look no further than the Bears-Cardinals match up earlier this season. You remember. It's the one where Denny Green became infamous at the post-game press conference. During the game, with the Bears desperate to maintain their undefeated record - and overcome six Rex Grossman turnovers - Urlacher sparked a comeback. Edgerrin James ran the ball for Arizona, but hit a wall at the line of scrimmage. Urlacher came roaring around the end of the line, placed a firm hand on the football, and violently ripped it from the bear-trap grip of James. The ball was returned for a touchdown and the



Christopher Mills

*Opinion*

Bears completed an improbable comeback. Such is the impact of Urlacher, a tireless worker who never gives up and provides constant encouragement to teammates.

It's no surprise that this description also fits Smith to a T. His calmness and unwavering confidence in his players has earned him a wealth of respect in his locker room and around the league. His players trust him and work hard to bring him a win each week. Smith rejuvenated the Bears, turning them into a defensive powerhouse, much like his mentor - and Super Bowl XLI opponent - Tony Dungy did with the Tampa Bay Buccaneers. His hard work will pay off this weekend.

**The only reason the Bears haven't won a championship is because their defence could not overcome their anemic offence for so long, but that changes this year.**

With two great teams and two well-respected coaches, everyone is in for a treat ... everyone except Dungy. The Colts will be a powerhouse for years to come, and Manning will get his ring before he retires, but there are no guarantees for Dungy. He rebuilt the Buccaneers, taking them to the top of the NFC, only to see them win the Super Bowl the year after he left. And now, he will watch from a front-row seat as his friend and protégé, Lovie Smith (both are the first two African-American head coaches to make it to the NFL championship game), raises the Lombardi trophy in front of the world.

Everyone had a good laugh at Denny Green's media blowup following his team's mid-season collapse against the Bears, but it turns out Mr. Green's words were prophetic. You remember them: "If you want to crown them, then crown their a\*\*!!!" Well Denny, you can relax. This week, we will.

Final Score: Bears 30, Colts 28.

Sunday, Feb. 4 is the biggest night in all of sports. Two teams vie for the Vince Lombardi trophy in the annual mega-bash known as the Super Bowl, taking place in Miami, Fla.

The two competing will be the AFC Champion Indianapolis Colts and the NFC Champion Chicago Bears.

The night will be a very special one, but not because it's the Super Bowl. The game will mark the first time in NFL history that two African-American head coaches will be in the Super Bowl, after wins on Sunday by the Colts and Bears.

Both teams went through much adversity in their quest to the big game. The Bears had to overcome the doubts about their ability, as well as a quarterback struggling to re-capture his game. They weren't too impressive down the stretch, having to come from behind in many games, as well as almost losing to a perennial cell-dweller in the Arizona Cardinals.

They didn't go into the playoffs with a bang, losing 26-7 to archrival the Green Bay Packers. What was most disheartening for Bears fans however, was the reception quarterback Rex Grossman received at the end of the game. He was booed off the field by the Chicago faithful.

The Colts had to overcome their own doubts about one of the league's worst defences during the regular season. They were the only



Alex McNanney

*Opinion*

team in the NFL to give up a 100-yard rusher in every game of the season. They also had to defeat their arch-rivals, the New England Patriots in the AFC title game.

It is for that reason alone, that they beat the Pats, that I think the Colts will beat the Bears on Feb. 4. They are riding a huge wave of confidence and momentum. That come-from-behind win over the Patriots finally gave Colts QB Peyton Manning that extra bit of confidence he'd been missing in the playoffs.

**The Colts will win the game because, quite frankly, they want it more.**

The team's horrendous defence has turned it around and is playing at the top of their game, and Manning has his stroke back. That combination is deadly, and the Bears will find that out on the fourth of February.

The Bears have stumbled and tripped over the finish line during the second half of the season, with

their much admired D looking very average. They then faced the Seattle Seahawks, a team that has not been great all year, and barely squeaked by them.

In the NFC title game, one could argue the Bears' D finally stepped up. But from what I saw, the Bears didn't have to work too hard to beat the New Orleans Saints. The cold weather took a huge toll on the Saints, who aren't accustomed to playing in sub-zero temperatures.

Bears QB Rex Grossman also still has yet to show the consistency of a Super Bowl-winning QB. I think the fast defence of the Colts is going to cause havoc for Grossman all day, and the Bears won't have the cold-weather factor to fall back on.

The Colts will win because, quite frankly, they want it more. You hear every player say "this is what we play for," and I'm sure the Bears do want to be champions.

But for the Colts, and especially Peyton Manning, this game is so much more. After all the disappointing ends to past seasons, and finally overcoming the Patriots in the playoffs, the Colts are not going to let this opportunity pass. Manning has been waiting for this game his entire career, and he's going to finally get that elusive championship. The two-time MVP will prove why he, not Patriots QB Tom Brady, is the best QB in the NFL today.

Final score: 27-20.

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# Butterflies call conservatory home

By BECKY SHARPE

Winter is chilly and there are times when everyone needs a break from the dull winter scenery.

If you can't make it down south, a place in Cambridge is the next best thing, with its tropical plants and balmy temperature.

Wings of Paradise, a butterfly conservatory on Kossuth Road in Cambridge, is the perfect place to see some of the most amazing colours this region has to offer.

The conservatory has more than 50 species of butterflies, including the owl butterfly, blue morpho, rice paper, postman and the monarch.

The conservatory receives between 400 and 1,000 chrysalis a week which hatch on site for everyone to see.

Sandra Bouza, an employee at Wings of Paradise, said butterflies go through several stages before becoming a butterfly.

"Before the butterfly is born he or she starts out as an egg which grows into a caterpillar."

Bouza said caterpillars shed two to three times and double in weight everyday before they become pupae.

"The pupa stage is when a caterpillar reaches its full weight and is ready to chrysalis itself," she said. "To become a pupa the caterpillar will climb to a twig and hang upside down. It will pulse several times until it covers its entire body in silk."

Bouza said the silk coating is called the chrysalis, not a cocoon.

"Cocoons are for moths, not butterflies."

While inside the chrysalis the caterpillar will become a jelly fluid and over a two- to three-week period become a butterfly, said Bouza.

"When the butterfly is ready to



Sandra Bouza, an employee at Wings of Paradise Butterfly Conservatory in Cambridge, holds her favourite butterfly-to-be, the caligo eurilochus, or owl butterfly.

come out it will break its head through the chrysalis and do a sit up to pull out," she said. "When out its abdomen will be fat and full of fluid which the butterfly will have to slowly pump into its wings over a two- to six-hour period."

While the butterfly is pumping fluid into its wings it will develop its tongue, said Bouza.

"When a butterfly is born its

tongue will be in two separate strands," she said. "Over the hours it will lock its tongue together to create the proboscis."

The proboscis is the equivalent of the butterfly's nose and tongue.

Bouza said there are many interesting facts about caterpillars and butterflies.

"Caterpillars deter their enemies with a foul smell gland located under their first set of legs. They

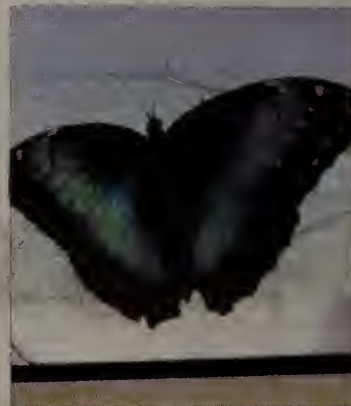
also have a tail that looks like two prongs to confuse their enemies as to which end is the head."

Bouza said her favourite butterfly is the owl butterfly.

Inside the conservatory are small birds called button quail. The quail are there to clean up dead butterflies by eating them and to eat some of the caterpillars to control reproduction.

The conservatory also features other colourful birds, the giant African snail and the painted turtle.

Wings of Paradise is open daily from 10 a.m. to 5 p.m. For more information call 519-653-1234.



A blue morpho butterfly.



A lace wing butterfly.



A rice paper butterfly.



One of the many exotic birds inside Wings of Paradise.

Photos by Becky Sharpe

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